



MARCH 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	3 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	4 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	5 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	6 Breastfeeding Support Group for BF exclusives @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	7 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	1/8
9 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	10 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	11 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	12 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	13 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am. Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	14 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	15
16 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	17 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	18 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	19 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	20 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am. Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	21 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	22
23 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	24 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	26 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	27 Breastfeeding Support Group for BF partials @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	28 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	29
30 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	31 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510	Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	



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